



Easy Oatmeal Bread

Makes 4 small loaves.

2 cups rolled oats	3 ¼ to 3 ¾ cups bread flour
3 cups boiling water	2 cups whole wheat flour
½ cup molasses	1 tablespoon salt
2 packages active dry yeast	

In large bowl add water to oats. Cool to 120 to 130 degrees. Stir in molasses and yeast. Add 2 cups bread flour; mix thoroughly by hand or with dough hook. Mix in whole wheat flour, salt and enough bread flour to make a soft dough. Cover; let rest 10 minutes. Knead with dough hook or turn dough onto floured surface; knead 10 minutes or until dough is smooth and elastic.

Form into 4 loaves* and place in 7½x3½ x2-inch pans coated with non-stick spray. Let rise 1 hour or until doubled. Bake in preheated 450-degree oven 10 minutes; reduce heat to 350 degrees and bake 20 to 25 minutes, or until loaf sounds hollow when tapped with fingers. Tent with foil during last 15 minutes to prevent over browning. Remove from pan to cooling rack.

*Or form into 2 loaves and place in 9x5x2½-inch pans. Bake an additional 10 minutes at 350-degrees.

Nutritional analysis: With 12 slices per loaf, one slice provides approximately: 78 calories, 3 g protein, 16 g carbohydrates, 1 g fiber, 1 g fat (0 saturated fat, 0 trans fat), 0 mg cholesterol, 25 mcg folate, 1 mg iron, 148 mg sodium.



Fruit Pizza

Makes 1 twelve-inch or 4 six-inch pizzas.

<u>Crust:</u>	perature
2 cups whole wheat flour	1 egg, slightly beaten
½ cup sugar	1 tablespoon water
1 teaspoon baking powder	<u>Fruit:</u> strawberries, canned or
¼ teaspoon salt	fresh peach slices, kiwi, blue-
½ cup margarine, room tem-	berries, bananas, etc.

Stir together flour, sugar, baking powder and salt. With fork, mix in margarine until texture of fine meal. Stir in egg. If dough is very stiff add up to a tablespoon of water. Form into a ball. Cover; refrigerate 1 hour.

For a large pizza spray 12-inch pizza pan with cooking spray. Spread dough evenly bringing dough up slightly at the edge of pan. Bake in preheated 350-degree oven 20 minutes. Remove from pan onto a large plate. Cool.

For small pizzas cut four 6-inch circles from aluminum foil or parchment paper and place on baking sheet. Divide dough into 4 portions. Spread dough evenly onto foil circles, making a lip at the edge of dough. Bake in preheated 350-degree oven 12 to 15 minutes. Remove to cooling rack.

Arrange fruit on crust. Pour glaze evenly over fruit. Let stand 2 hours before eating.

Glaze: Mix 2 tablespoons sugar, 4 teaspoons corn starch and ¼ teaspoon cream of tartar; stir in 1 cup cold liquid (ex. ½ cup orange juice and ½ cup water) Bring to a boil; let boil over medium heat for 1 minute. Pour over fruit.

Nutritional analysis: With 20 slices, one slice provides approximately: 122 calories, 2 g protein, 18 g carbohydrates, 2 g fiber, 5 g fat (1 g saturated fat, 0 trans fat), 11 mg cholesterol, 10 mcg folate, 1 mg iron, 111 mg sodium.